

Part 4

Assessment

Chapter 10 – The Army Physical Fitness Test

Chapter 11 – The IET Physical Fitness Screening Assessment (1-1-1)

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CHAPTER 10

THE ARMY PHYSICAL FITNESS TEST (APFT)

The intent of the Army Physical Fitness Test (APFT) is to provide an assessment of the PT program. Physical fitness testing is designed to ensure the maintenance of a base level of physical fitness essential for every soldier in the Army, regardless of MOS or duty assignment. Unit and individual PT programs must be developed to take this base level of conditioning and raise it to help meet or exceed mission-related physical performance tasks. Commanders must ensure that physical fitness testing does not form the foundation of unit or individual PT programs. Temporary training periods solely devoted toward meeting APFT requirements are highly discouraged.

APFT OVERVIEW

The APFT provides a measure of upper and lower body muscular endurance. It is a performance test that indicates a soldier's ability to perform physically and handle his or her own body weight. APFT standards are adjusted for age and physiological differences between the genders.

The APFT consists of push-ups, sit-ups, and a 2-mile run, done in that order on the same day. Soldiers are allowed a minimum of ten minutes and a maximum of twenty minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events.

IAW AR 350-1, all soldiers must attain a score of at least 60 points on each event and an overall score of at least 180 points. The maximum score a soldier can attain on the APFT is 300 points. ***The use of extended scale scoring is not authorized.*** Soldiers in basic combat training must attain 50 points in each event and an overall score of 150 points. Service schools and commanders may establish performance standards that exceed Army minimum standards in accordance with their mission.

Soldiers with **permanent** medical profiles that preclude taking the push-up or sit-up event, or both, will take the remaining events, if a physician or physician's assistant approves. The 2-mile run event, or approved alternate APFT event (2.5-mile walk, 6.2-mile stationary bicycle ergometer test or 6.2-mile bicycle test and 800-yard swim test) must be taken if the test is to count for record. Alternate events are designed for soldiers with permanent physical profiles which preclude them from taking the 2-mile run; however, soldiers with temporary profiles of long duration (more than 3 months) may also take an alternate event if approved by the commander after input from health care personnel. Soldiers must be given 3 months to prepare for the alternate event from either the date of the profile or the date recommended by health care personnel. Medically profiled soldiers excused from APFT event(s) must attain an APFT score of GO, 60 or 120 points depending on the number of events taken. ***Soldiers on temporary medical profile do not take a record or diagnostic APFT.*** Soldiers are allowed twice the length of the profile, not to exceed 90 days to train for the APFT.

Active Army (AC), Active Guard/Reserve (AGR), and U.S. Army Reserve TPU soldiers will take the APFT for record at least twice each calendar year. A minimum four months will separate record tests for AC, AGR and TPU soldiers. A minimum of eight months will separate record tests for ARNG TPU soldiers. The intent is for AC, AGR and USAR TPU soldiers to take a record APFT every six months. Mission requirements often preclude the even spacing of record tests, therefore, commanders are encouraged to test soldiers for record as close to the record test window as possible. Institutional training courses require passing of the APFT as part of course application and/or requirement.

APFT results will be recorded on DA Form 705 (Physical Fitness Scorecard) which will be maintained for each service member. The scorecard will be kept in a central location in the unit and will accompany the individual military personnel records jacket at time of permanent change of station. Units and separate offices will have a system for monitoring performance and progress of their soldiers. Individual soldiers are not authorized to administer the APFT to themselves for the purpose of satisfying diagnostic or record test requirements. A minimum of three soldiers is required to administer an APFT; event scorer, event timer and a holder to secure the soldier's ankles during the sit-up event.

Any piece of clothing not prescribed as a component of the physical fitness uniform (PFU), battle-dress uniform (BDU), commander authorized civilian attire, device or equipment that offers the potential for an unfair advantage is not permitted for wear during the APFT. The wearing of such items as: nasal strips, weight lifting gloves, back braces, radios/compact disc players, elastic bandages or braces is not authorized unless prescribed as part of a medical profile. AR 670-1 specifies the components of the PFU ensemble.

APFT ADMINISTRATION

The success of any physical fitness testing program depends on obtaining valid and accurate test results. Therefore, the APFT must be administered properly and to standard to accurately evaluate individual soldier and unit physical fitness. Supervision of the APFT is necessary to insure that the objectives of the physical fitness program are met. Proper supervision provides for uniformity in the following:

- Test scoring.
- Training of test personnel.
- Test preparation.
- Control of performance factors.

Preparation for the APFT should be directed at securing the most accurate evaluation of personnel participating in the test. Preparatory requirements include the following:

- Selecting and training of event supervisors, scorers, demonstrators and support personnel.
- Equipment inventory.
- Securing the test site.

The commander should ensure that testing is uniform with regards to events, scoring, clothing, equipment and facilities. Testing should be planned to permit each soldier to perform at his maximal level. They should ensure the following:

- Soldiers are not tested when fatigued or ill.
- Soldiers do not participate in tiring duties before taking an APFT.
- Weather and environmental conditions do not inhibit physical performance.
- Risk analysis conducted.

DUTIES OF TEST PERSONNEL

APFT test personnel must be familiar with all aspects of administration of the APFT. Supervision of soldiers and laying out the test area are essential duties. The following test personnel are required to conduct an APFT: OIC and/or NCOIC, event supervisor, scorer, demonstrator and support personnel.

OIC and NCOIC are responsible for the administration of the APFT. Responsibility includes the following:

- Administers the test.
- Procures all necessary equipment and supplies.
- Arranges and lays out the test area.
- Trains event supervisors, scorers, demonstrators and support personnel.
- Ensures the test is properly administered, events explained, demonstrated and scored according to standard.
- Reports results of test.

Event Supervisors are responsible for administration of test events. Responsibility includes the following:

- Administers one or more test events.
- Insures necessary equipment is on hand for each event(s).
- Reads APFT event instructions.
- Conducts APFT event demonstration.
- Supervises event scoring to standard.
- Answers questions on scoring discrepancies and informs OIC/NCOIC.

Event Scorers are responsible for scoring events to standard. Responsibility includes the following:

- Enforces test standards.
- Records the correct number of repetitions in the raw score block on DA 705.
- Records initials in initials box on DA 705.
- Performs other duties assigned by OIC or NCOIC.
- Receives training conducted by OIC/NCOIC to ensure scoring is to standard.

Demonstrators are responsible for demonstrating the push-up and sit-up events to standard. Responsibility includes the following:

- Assists event supervisor by demonstrating push-ups and sit-ups to standard during the reading of event instructions.
- Performs other duties assigned by OIC or NCOIC.
- Receives training conducted by OIC/NCOIC to ensure demonstration of push-ups and sit-ups are to standard.

Support Personnel assist in preventing unsafe acts and ensure smooth operation of the APFT. The use of support personnel depends on local policy and unit SOPs. Medical support on site is not required unless specified by local policy. The OIC and/or NCOIC should have a plan for medical support if required.

TEST SITE

The **OIC and NCOIC** should select a test site that is flat and free of debris. The test site should have the following:

- A briefing area for the reading of event instructions.
- A warm-up area (briefing and warm-up area can be the same).
- A soft, flat, dry area for push-ups and sit-ups.
- A flat, 2-mile running course with a solid surface.
- The 2-mile run course should be no more than three-percent grade.
- Free of any significant hazards.

Sound judgement must be used in the selection of a 2-mile run course. 2-mile run courses are not required to be surveyed. Test site free of significant hazards includes, for example, no traffic, slippery road surfaces or areas where heavy pollution is present. Running tracks may be used to administer the 2-mile run event. If a 400-meter track is used, the OIC/NCOIC must add an additional 61 feet, 4 inches to the standard 8 laps to ensure the 2-mile distance is covered during the test. One lap on a 400-meter track is 92 inches shorter than one lap on a 440-yard track. Eight laps on a 400-meter track is 736 inches shorter than eight laps (2 miles) on a 440-yard track. Therefore, soldiers running on a 400-meter track must run an additional 61 feet, 4 inches.

TEST PROCEDURES

The test sequence is the push-up, sit-up and 2-mile run (or an approved alternate aerobic event). The order of events cannot be changed. There are no exceptions to this sequence. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes to recover between events. The OIC or NCOIC determines the recovery time between events. Recovery time is based on the number of soldiers taking the test. If large numbers of soldiers are being tested, staggered start times should be planned to allow for proper recovery between test events. Under no circumstances is the APFT valid if soldiers cannot begin and end all three events in two hours or less. The following paragraphs describe procedures for administration of the APFT. On test day, the OIC or NCOIC brief soldiers on the purpose and organization of the APFT. The OIC or NCOIC explain test administration: to include, the scorecard, scoring standards and test sequence. In addition, the wearing of unauthorized items such as: nasal strips, braces, elastic

bandages, weight lifting gloves and radios/compact disc players are addressed. The following instructions are read aloud to all soldiers taking the APFT:

“YOU ARE ABOUT TO TAKE THE ARMY PHYSICAL FITNESS TEST, A TEST THAT WILL MEASURE YOUR UPPER AND LOWER BODY MUSCULAR ENDURANCE. THE RESULTS OF THIS TEST WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR STATE OF FITNESS AND WILL ACT AS A GUIDE IN DETERMINING YOUR PHYSICAL TRAINING NEEDS. LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS.”

If the DA Form 705 (APFT scorecard) has not been issued, the scorecards will be handed out at this time. The OIC or NCOIC will then instruct the soldiers to fill in the appropriate spaces with the required personal data. The following instructions are read aloud to all soldiers taking the APFT:

“IN THE APPROPRIATE SPACES, PRINT IN INK THE PERSONAL INFORMATION REQUIRED ON THE SCORECARD.” (The preceding remark is omitted if scorecards were issued prior to arrival at the test site.)

Soldiers are then given time to complete the required information. The OIC or NCOIC then explains procedures for use of the scorecard during testing. The following instructions are read aloud to all soldiers taking the APFT:

“YOU ARE TO CARRY THIS CARD WITH YOU TO EACH EVENT. BEFORE YOU BEGIN, HAND THE CARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD AND RETURN IT TO YOU.”

The OIC or NCOIC then explains how raw scores are converted to point scores. At this point in time, soldiers will be assigned to groups. The following instructions are read aloud to all soldiers taking the APFT:

“EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST. WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?”

INSTRUCTIONS

The OIC , NCOIC or event supervisor will conduct the following prior to the start of the test:

PUSH-UP

Read aloud the instructions below for the push-up.

“The push-up event measures the endurance of the chest, shoulder and triceps muscles. On the command ‘GET SET’, assume the front-leaning rest position. Place your hands shoulder width apart or where they are comfortable for you. Your feet may be together or up to 12 inches apart (12 inches from inside of ankle to inside of opposite ankle). When in the front-leaning rest position, your body should form a straight line from head to ankles. On the command ‘GO’, begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are parallel to the ground. Return to the starting position by raising your entire body until your arms are fully extended. Your body must remain in a straight line and move as one unit while performing each repetition. At the completion of each repetition, the scorer will state out loud the number of repetitions you have completed correctly. If you fail to keep your body straight, to lower your whole body until your arms are parallel to the ground or to extend your arms completely, that repetition will not count and the scorer will repeat the number of the last correctly performed repetition.

NO RESTARTS ARE ALLOWED. The front-leaning rest is the only authorized rest position. If you cannot maintain this rest position, first you will be warned, upon the second warning your performance on the event will be terminated. If you rest on the ground or raise either hand or foot from the ground your performance will be terminated. You may reposition your hands or feet during the event as long as they maintain contact with the ground at all times. You will have two minutes in which to perform as many push-ups as you can. Watch this demonstration.”

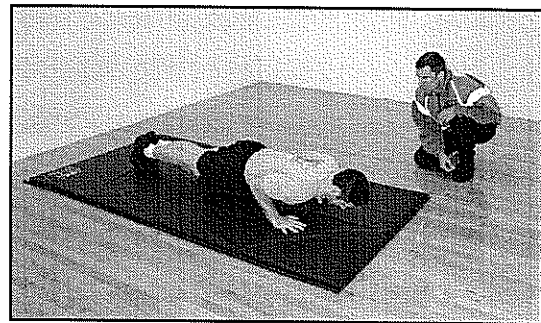
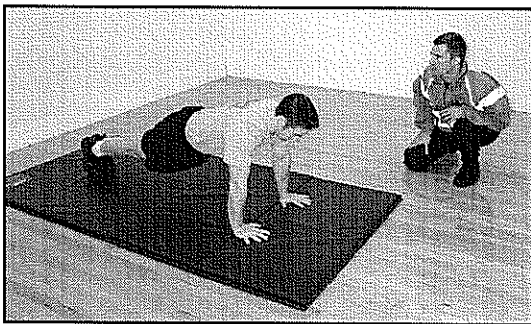


Figure 10-1.

Conduct a push-up demonstration and read the following:

“YOUR CHEST MAY TOUCH THE GROUND DURING THE PUSH-UP AS LONG AS THE CONTACT DOES NOT PROVIDE AN ADVANTAGE. YOU CAN NOT BOUNCE OFF THE GROUND. IF A MAT IS USED, YOUR ENTIRE BODY MUST BE ON THE MAT. SLEEPING MATS ARE NOT AUTHORIZED FOR USE. YOUR FEET WILL NOT BE BRACED DURING THE PUSH-UP EVENT. YOU MAY DO THE PUSH-UP EVENT ON YOUR FISTS.”

SIT-UP

Read aloud the instructions below for the sit-up.

“THE SIT-UP EVENT MEASURE THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (12 INCHES FROM INSIDE OF ANKLE TO INSIDE OF OPPOSITE ANKLE). ANOTHER SOLDIER WILL HOLD YOUR ANKLES WITH THEIR HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING OF THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF THE FOOT THAT MUST REMAIN IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND “GO”, BEGIN RAISING YOUR UPPER BODY FORWARD TO THE VERTICAL POSITION (THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE). AFTER YOU HAVE REACHED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY PERFORMED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR FAIL TO KEEP YOUR KNEES AT A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. THE UP POSITION

IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER METHOD TO PUSH OR PULL YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THIS POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU WILL HAVE TWO MINUTES IN WHICH TO PERFORM AS MANY SIT-UPS AS YOU CAN. NO RESTARTS ARE ALLOWED. WATCH THIS DEMONSTRATION.”

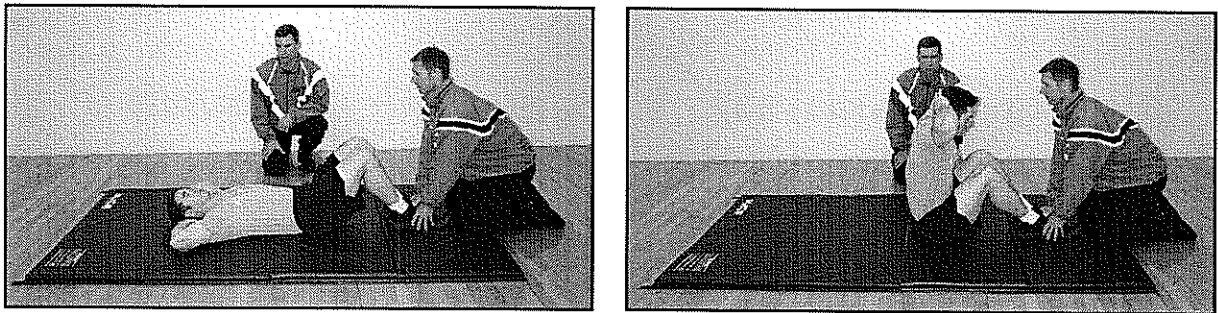


Figure 10-2.

Conduct a sit-up demonstration and read the following:

“IF A MAT IS USED, YOUR ENTIRE BODY MUST BE ON THE MAT. SLEEPING MATS ARE NOT AUTHORIZED FOR USE. YOU MAY NOT SWING YOUR ARMS OR USE YOUR HANDS TO PULL YOURSELF UP OR PUSH OFF THE GROUND TO OBTAIN THE UP POSITION. IF THIS OCCURS YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU MAY WIGGLE TO OBTAIN THE UP POSITION, BUT WHILE IN THE UP POSITION, YOU MAY NOT USE YOUR ELBOWS OR ANY PART OF THE ARMS TO LOCK ON TO OR BRACE AGAINST THE LEGS. YOUR ELBOWS CAN GO EITHER INSIDE OR OUTSIDE THE KNEES, BUT MAY NOT BE USED TO HOLD YOURSELF IN THE UP POSITION. IF THIS OCCURS YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. DURING THE YOUR PERFORMANCE OF THE SIT-UP, YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD. AS LONG AS ANY OF YOUR FINGERS ARE

OVERLAPPING TO ANY DEGREE, THEY ARE CONSIDERED TO BE INTERLOCKED AS SHOWN IN FIGURE A-3A. IF THEY DO NOT REMAIN INTERLOCKED THAT REPETITION WILL NOT COUNT AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECT REPETITION PERFORMED. BOTH HEELS MUST STAY IN CONTACT WITH THE GROUND AS SHOWN IN A-3B. IF EITHER FOOT BREAKS CONTACT WITH THE GROUND DURING A REPETITION, THAT REPETITION WILL NOT COUNT AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECT REPETITION PERFORMED”.

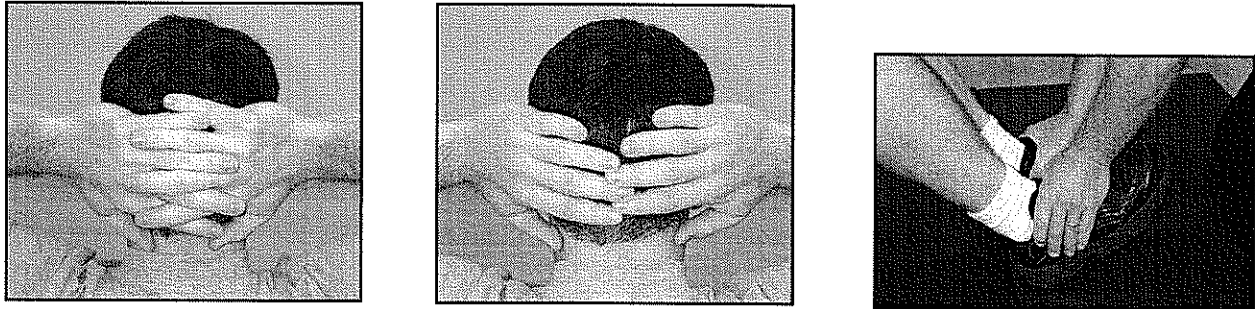


Figure 10-3.

2-MILE RUN

Read aloud the instructions below for the 2-mile run.

“THE 2-MILE RUN EVENT MEASURES THE ENDURANCE OF YOUR HEART, LUNGS AND LEG MUSCLES. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START ALL SOLDIERS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND “GO”, TIME WILL START AND YOU WILL BEGIN RUNNING. TO RUN THE REQUIRED TWO MILES, YOU MUST COMPLETE THE DESCRIBED NUMBER OF LAPS, START AND FINISH POINTS AND COURSE LAYOUT (EXPLAIN TWO-MILE RUN COURSE). YOU ARE BEING TEST ON YOUR ABILITY TO COMPLETE THE TWO-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (PUSHED, PULLED, PICKED UP, OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. IT IS LEGAL TO PACE A SOLDIER DURING THE TWO-MILE RUN,

AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACE SOLDIER AND OTHER SOLDIERS TAKING THE TEST ARE NOT PHYSICALLY HINDERED. THE PRACTICE OF RUNNING A HEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER WHILE SERVING AS A PACER IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED. THE NUMBER ON YOUR CHEST IS USED FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. WHEN YOU FINISH THE RUN, GO TO THE DESIGNATED AREA FOR RECOVERY. WHAT ARE YOUR QUESTIONS ON THIS EVENT?"

EQUIPMENT

The following equipment is required for administration of the APFT: two stopwatches, clipboards and black pens for each scorer, run numbers and DA 705s for each soldier being tested.

FACILITIES

The following facilities are required for administration of the APFT:

- Designated area for preparation and recovery.
- One test station (6 feet wide by 15 feet deep) for every 8 soldiers for the push-up and sit-up events.
- A measured 2-mile run course.

PERSONNEL

The following personnel are required for administration of the APFT: OIC and/or NCOIC (may function as the timer), event supervisor (may function as the timer or back-up timer), one event scorer for every eight soldiers being tested and required support personnel.

TIMER

The OIC and/or NCOIC or event supervisor begins each push-up or sit-up assessment with the command **"GET SET"**. On the command **"GO"** time starts on both watches. The timer indicates time remaining at one minute (with the command **"ONE MINUTE REMAINING"**), 30 seconds (with the command **"30 SECONDS REMAINING"**), and counts down the remaining ten seconds (with the command **"10, 9, 8, 7, 6, 5, 4, 3, 2, 1, STOP"**). The OIC and/or NCOIC or event supervisor begins the 2-mile run assessment with the command **"GET SET"**. The 2-mile run time starts on both watches on the command **"GO"**. As soldiers near the finish line, the timer calls out time in minutes and seconds (for example: **"FOURTEEN-FIFTY-EIGHT, FOURTEEN-FIFTY-NINE, FIFTEEN MINUTES, FIFTEEN-O-ONE"**).

SCORER

The scorer will count the correct number of repetitions out loud, repeats the last number of the correct repetitions when incorrect repetitions are performed and verbally corrects push-up and sit-up performance. The scorer will record the correct number of repetitions for the push-up and sit-up events and the 2-mile run time and initial the DA 705. During the push-up event, scorers sit or kneel three feet from the soldier's left shoulder at a 45-degree angle. Scorer's head should be even with the soldier's left shoulder when he is in the front-leaning rest position. During the sit-up event, the scorer kneels or sits three feet from the soldier's left hip. The scorer's head should be even with the soldier's shoulder when he is in the vertical (up) position. During the 2-mile run event, the scorer is at the finish line. Upon completion of entering the soldier's 2-mile run time on the DA 705, the scorer will convert raw scores into point scores for each event and enter the total on the DA 705. Scorer then returns all DA 705s to the OIC or NCOIC.

TEST FAILURES

Soldiers that fail to achieve the minimum passing score for their age and gender on any event are considered test failures. If a soldier is ill or becomes injured during the APFT and fails to achieve the minimum passing score for their age and gender on any event he is considered a test failure. Soldiers who fail a record APFT or fail to take the APFT within the required period will be flagged according to AR 600-8-2. The required period is defined as scheduled record APFT dates to include make-up test dates. A soldier will be flagged when he or she fails to take the APFT and does not possess an authorized absence (TDY, Leave, Duty). In the event of a record test failure, commanders may allow soldier to retake the test as soon as the soldier and the commander feel the soldier is ready. AC, AGR and USAR TPU soldiers without medical profile will be tested not later than 3 months following the initial APFT failure. ARNG TPU soldiers, not on active duty and without medical profile, will be tested no later than 6 months following the initial APFT failure.

As previously mentioned in this chapter, alternate APFT events are designed for soldiers with **permanent physical profiles** which preclude them from taking the 2-mile run or soldiers with **temporary profiles of long duration (more than 3 months)**, if approved by the commander after input from health care personnel. Soldiers must be given 3 months to prepare for the alternate event from either the date of the profile or the date recommended by health care personnel.

ALTERNATE APFT EVENTS

2.5-MILE WALK

The OIC, NCOIC or event supervisor will read the following:

“THE 2.5-MILE WALK TEST IS USED TO ASSESS HEART, LUNG AND LEG MUSCLE ENDURANCE. ON THE COMMAND “GO”, THE CLOCK WILL START AND YOU WILL BEGIN WALKING AT YOUR OWN PACE. YOU MUST COMPLETE THE DESCRIBED NUMBER OF LAPS, START AND FINISH POINTS AND COURSE LAYOUT (EXPLAIN 2.5-MILE WALK COURSE). ONE FOOT MUST BE IN CONTACT WITH THE GROUND AT ALL TIMES. IF YOU BREAK INTO A RUNNING STRIDE AT ANY TIME OR HAVE BOTH FEET OFF THE GROUND AT

THE SAME TIME, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE 2.5-MILE COURSE IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER. WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"

EQUIPMENT

The following equipment is required for administration of the 2.5-mile walk: two stopwatches, clipboards and black pens for each scorer, run numbers and DA 705s for each soldier being tested.

FACILITIES

The event uses a measured 2.5-mile course. The soldiers being tested must be in view of the scorers at all times.

PERSONNEL

One event supervisor, one scorer for every eight soldiers tested and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

TIMER

The OIC and/or NCOIC or event supervisor begins the 2.5-mile walk with the command **"GET SET"**. The 2.5-mile walk time starts on both watches on the command **"GO"**. As soldiers near the finish line, the timer calls out time in minutes and seconds (for example: **"THIRTY-FIVE-FIFTY-EIGHT, THIRTY-FIVE-FIFTY-NINE, THIRTY-SIX MINUTES, THIRTY-O-ONE"**)

SCORER

The scorer will record 2.5-mile walk time and initial the DA 705. During the 2.5-mile walk event, the scorer is at the finish line. Upon completion of entering the soldier's 2.5-mile walk time on the DA 705, the scorer will convert raw scores into point scores for push-ups and sit-ups and **"GO/NOGO"** scores, then enter the total on the DA 705. Scorer then returns all DA 705s to the OIC or NCOIC.

6.2-MILE STATIONARY-CYCLE ERGOMETER TEST

The OIC, NCOIC or event supervisor will read the following:

"THE 6.2-MILE STATIONARY-CYCLE ERGOMETER TEST IS USED TO ASSESS HEART, LUNG AND LEG MUSCLE ENDURANCE. THE ERGOMETER'S RESISTANCE MUST BE SET AT TWO KILOPONDS (20 NEWTONS). ON THE COMMAND "GO", THE CLOCK WILL START AND YOU WILL BEGIN PEDALING AT YOUR OWN PACE WHILE MAINTAINING THE RESISTANCE INDICATOR AT

TWO KILOPONDS. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE 6.2-MILES (10 KILOMETERS), AS SHOWN ON THE ODOMETER, IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER. WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

EQUIPMENT

The following equipment is required for administration of the 6.2-Mile Stationary-Cycle Ergometer Test: two stopwatches, clipboards and black pens for each scorer, one stationary bicycle ergometer for each soldier being tested. The ergometer must have mechanically adjustable resistance measured in kiloponds or newtons. The ergometer must be available for training and testing. The seat and handlebars must be adjustable to accommodate soldiers of different sizes. It should have an adjustable tension setting (resistance) and an odometer. The resistance is set by a tension strap, on a weighted pendulum, connected to the flywheel, such as on the Monark series ergometers. Electronically-braked ergometers (those typically found in the installation fitness facilities, such as LifeCycle and Universal) are not authorized to conduct the 6.2-Mile Stationary-Cycle Ergometer Test.

FACILITIES

The test site can be any place (installation fitness facility) where there is an approved cycle ergometer. Each test station must be 6 feet by 12 feet deep.

PERSONNEL

One event supervisor, one scorer for every eight soldiers tested and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

TIMER

The OIC and/or NCOIC or event supervisor begins the 6.2-mile stationary-cycle ergometer test with the command **“GET SET”**. The 6.2-mile stationary-cycle ergometer test time starts on both watches on the command **“GO”**. As soldiers near the 6.2-mile distance on the odometer, the timer calls out time in minutes and seconds (for example: **“TWENTY-FIVE-FIFTY-EIGHT, TWENTY-FIVE-FIFTY-NINE, TWENTY-SIX MINUTES, TWENTY-SIX-O-ONE”**) until the 6.2-mile distance is completed.

SCORER

Enter **“6.2-Mile Stationary-Cycle Ergometer Test”** in the Alternate Event block of the DA 705. The scorer will record 6.2-mile stationary-cycle ergometer test time and initial the DA 705. Upon completion of entering the 6.2-mile stationary-cycle ergometer test time on the DA 705, the scorer will convert raw scores into point scores for push-ups and sit-ups and **“GO/NOGO”** scores for the 6.2-mile stationary-cycle ergometer test, then enter the total on the DA 705. Scorer then returns all DA 705s to the OIC or NCOIC.

6.2-MILE BICYCLE TEST

The OIC, NCOIC or event supervisor will read the following:

“THE 6.2-MILE BICYCLE TEST IS USED TO ASSESS HEART, LUNG AND LEG MUSCLE ENDURANCE. ONE-SPEED OR MULTISPEED BICYCLES ARE AUTHORIZED FOR USE. IF A MULTI-SPEED BIKE IS USED, THE EVENT SUPERVISOR AND/OR SCORER WILL TAKE MEASURES TO ENSURE THAT ONLY ONE SPEED IS USED DURING THE EVENT. ON THE COMMAND ‘GO’, THE CLOCK WILL START AND YOU WILL BEGIN PEDALING AT YOUR OWN PACE. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE 6.2-MILES (10 KILOMETERS) IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER. WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

EQUIPMENT

The following equipment is required for administration of the 6.2-Mile Bicycle Test: two stopwatches, clipboards, run numbers, black pens for each scorer and one one-speed or multispeed bicycle for each soldier tested. If a multi-speed bike is used, the event supervisor and/or scorer will take measures to ensure that only one speed is used during the event. The soldier selects the gear for the test and is not allowed to shift gears during the event.

FACILITIES

The test site will be a measured 6.2-mile course. A 400-meter track is not appropriate for conducting this event, due to the lack of banking and the number of turns required to complete the course.

PERSONNEL

One event supervisor, one scorer for every eight soldiers tested and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

TIMER

The OIC and/or NCOIC or event supervisor begins the 6.2-mile bicycle test with the command **“GET SET”**. The 6.2-mile bicycle test time starts on both watches on the command **“GO”**. As soldiers near the finish line, the timer calls out time in minutes and seconds (for example: **“TWENTY-FIVE-FIFTY-EIGHT, TWENTY-FIVE-FIFTY-NINE, TWENTY-SIX MINUTES, TWENTY-SIX-O-ONE”**) until the 6.2-mile distance is completed.

SCORER

During the 6.2-mile bicycle test, the scorer is at the finish line. Enter **“6.2-Mile Bicycle Test”** in the Alternate Event block of the DA 705. The scorer will record 6.2-mile bicycle test time and initial the DA 705. Upon completion of entering the 6.2-mile bicycle test time on the DA 705, the scorer will convert raw scores into point scores for push-ups and sit-ups and **“GO/NOGO”** scores for the 6.2-mile bicycle test, then enter the total on the DA 705. Scorer then returns all DA 705s to the OIC or NCOIC.

800-YARD SWIM TEST

The OIC, NCOIC or event supervisor will read the following:

“THE 800-YARD SWIM TEST IS USED TO ASSESS HEART, LUNG AND ARM AND LEG MUSCLE ENDURANCE. YOU WILL BEGIN IN THE WATER; NO DIVING IS ALLOWED. AT THE START YOUR BODY MUST BE IN CONTACT WITH THE WALL OF THE POOL. ON THE COMMAND “GO”, THE CLOCK WILL START AND YOU WILL BEGIN SWIMMING AT YOUR OWN PACE, USING ANY STROKE OR COMBINATION OF STROKES YOU WISH TO COMPLETE THE 800-YARD DISTANCE (DESCRIBE THE NUMBER OF LAPS AND DESIGNATE THE FINISH POINT TO COMPLETE THIS DISTANCE). YOU MUST TOUCH THE WALL OF THE POOL AT EACH END OF THE POOL AS YOU TURN. ANY TYPE OF TURN IS AUTHORIZED. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE 800-YARD SWIM IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER. WALKING ON THE BOTTOM OF THE POOL IS AUTHORIZED. SWIMSUIT, GOGGLES, EAR PLUGS, NOSE CLIPS AND BATHING CAPS ARE PERMITTED, BUT NO OTHER EQUIPMENT IS AUTHORIZED. WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?” AFTER READING THE INSTRUCTIONS, THE EVENT SUPERVISOR ANSWERS ONLY RELATED QUESTIONS, THEN ASSIGNS ONE SOLDIER TO EACH LANE AND TELLS THEM TO ENTER THE WATER. HE GIVES THE SOLDIERS A SHORT WARM-UP PERIOD TO ACCLIMATE TO THE WATER TEMPERATURE AND PREPARE FOR THE TEST.

EQUIPMENT

The following equipment is required for administration of the 800-yard swim test: two stopwatches, clipboards and black pens.

FACILITIES

The test site will be a pool with a measured 800-yard swim course. If the pool is measured in meters, to convert the metric distance into yards, multiply the number of meters by 39.37 and divide the product by 36 = yards. For example, 400 meters = 437.4 yards, that is, $(400 \times 39.37) / 36 = 437.4$ yards. A 25-yard/meter or 50 yard/meter pool may be used with adjustment made to finish point in order to measure 800 yards.

PERSONNEL

One event supervisor, one scorer for every eight soldiers tested and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

TIMER

The OIC and/or NCOIC or event supervisor begins the 800-yard swim test with the command **“GET SET”**. The 800-yard swim test time starts on both watches on the command **“GO”**. As soldiers near the finish line, the timer calls out time in minutes and seconds (for example: **“TWENTY-FIFTY-EIGHT, TWENTY-FIFTY-NINE, TWENTY-ONE MINUTES, TWENTY-ONE-O-ONE”**) until the 800-yard distance is completed. Time is recorded when the soldier touches the end of the pool or crosses a predetermined line that establishes the 800-yard mark.

SCORER

Scorers must observe the soldiers assigned to them, ensuring that each soldier touches the bulkhead at every turn. During the 800-yard swim test, the scorer is at the finish line. Enter **“800-Yard Swim Test”** in the Alternate Event block of the DA 705. Upon completion of entering the 800-yard swim test, the scorer records the time in the time block and circles the **“GO”** or **“NOGO”**. The scorer will record the 800-yard swim test time and initial the DA 705. The scorer will convert raw scores into point scores for push-ups and sit-ups and **“GO/NOGO”** scores for the 800-yard swim test, then enter the total on the DA 705. Scorer then returns all DA 705s to the OIC or NCOIC.

CHAPTER 11

THE 1-1-1 PHYSICAL FITNESS ASSESSMENT

The 1-1-1 Physical Fitness Assessment consists of the following three fitness tests: 1-minute push-up, 1-minute sit-up and 1-mile run. The intent of the 1-1-1 is to provide commanders with a test score that reflects their soldiers' APFT performance and places them in appropriate ability groups for running activities. This assessment is not as strenuous or time-consuming as conducting an APFT, so it may be performed as part of a PT session. Soldiers may be allowed to grade each other. **DO NOT** record 1-1-1 Assessment results on a DA 705. Push-up and Sit-up scores and 1-mile run times can be simply recorded on a roster, next to the name of each soldier performing the assessment.

The 1-1-1 Overview

The 1-1-1 provides a measure of upper and lower body muscular endurance. It is a performance test that indicates a soldier's ability to perform physically and handle his or her own body weight. The 1-1-1 consists of push-ups, sit-ups, and a 1-mile run, done in that order on the same day. Soldiers are allowed a minimum of ten minutes and a maximum of twenty minutes rest between events.

Test Procedures

The test sequence is the push-up, sit-up and 1-mile run. The order of events cannot be changed. There are no exceptions to this sequence. Soldiers are allowed a minimum of 5 minutes and a maximum of 10 minutes to recover between events. Recovery time is based on the number of soldiers taking the assessment. In addition, the wearing of unauthorized items such as: nasal strips, braces, elastic bandages, weight lifting gloves and radios/compact disc players are addressed. Equipment, uniform, testing area and conduct of the assessment is similar to the APFT, with less formality and more ease of execution.

The following instructions are read aloud to all soldiers taking the 1-1-1 Assessment:

“YOU ARE ABOUT TO TAKE THE 1-1-1 PHYSICAL FITNESS ASSESSMENT. THIS ASSESSMENT MEASURES YOUR UPPER AND LOWER BODY MUSCULAR ENDURANCE. THE RESULTS OF THIS ASSESSMENT WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR STATE OF FITNESS AND WILL ACT AS A GUIDE IN DETERMINING YOUR ABILITY GROUPS FOR RUNNING ACTIVITIES. LISTEN CLOSELY TO THE INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS.”

INSTRUCTIONS

The OIC, NCOIC or event supervisor will conduct the following prior to the start of the test:

PUSH-UP

Read aloud the instructions below for the push-up.

“The push-up event measures the endurance of the chest, shoulder and triceps muscles. On the command ‘GET SET’, assume the front-leaning rest position. Place your hands shoulder width apart or where they are comfortable for you. Your feet may be together or up to 12 inches apart (12 inches from inside of ankle to inside of opposite ankle). When in the front-leaning rest position, your body should form a straight line from head to ankles. On the command ‘GO’, begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are parallel to the ground. Return to the starting position by raising your entire body until your arms are fully extended. Your body must remain in a straight line and move as one unit while performing each repetition. At the completion of each repetition, the scorer will state out loud the number of repetitions you have completed correctly. If you fail to keep your body straight, to lower your whole body until your arms are parallel to the ground or to extend your arms completely, that repetition will not count and the scorer will repeat the number of the last correctly performed repetition.

NO RESTARTS ARE ALLOWED. The front-leaning rest is the only authorized rest position. If you cannot maintain this rest position, first you will be warned, upon the second warning your performance on the event will be terminated. If you rest on the ground or raise either hand or foot from the ground your performance will be terminated. You may reposition your hands or feet during the event as long as they maintain contact with the ground at all times. You will have one minute in which to perform as many push-ups as you can. Watch this demonstration.”

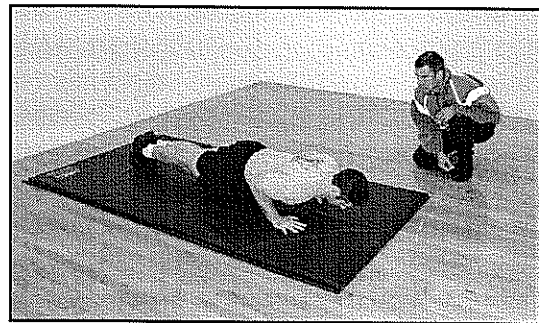
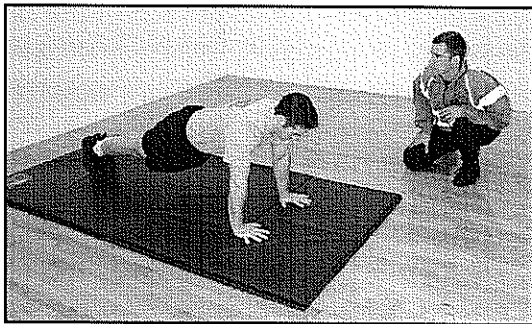


Figure 11-1.

Conduct a push-up demonstration and read the following:

“YOUR CHEST MAY TOUCH THE GROUND DURING THE PUSH-UP AS LONG AS THE CONTACT DOES NOT PROVIDE AN ADVANTAGE. YOU CANNOT BOUNCE OFF THE GROUND. IF A MAT IS USED, YOUR ENTIRE BODY MUST BE ON THE MAT. SLEEPING MATS ARE NOT AUTHORIZED FOR USE. YOUR FEET WILL NOT BE BRACED DURING THE PUSH-UP EVENT. YOU MAY DO THE PUSH-UP EVENT ON YOUR FISTS.”

SIT-UP

Read aloud the instructions below for the sit-up.

“THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (12 INCHES FROM INSIDE OF ANKLE TO INSIDE OF OPPOSITE ANKLE). ANOTHER SOLDIER WILL HOLD YOUR ANKLES WITH THEIR HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING OF THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF THE FOOT THAT MUST REMAIN IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND “GO”, BEGIN RAISING YOUR UPPER BODY FORWARD TO THE VERTICAL POSITION (THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE). AFTER YOU HAVE REACHED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY PERFORMED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OF THE GROUND TO RAISE YOUR UPPER BODY, OR FAIL TO KEEP YOUR KNEES AT A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER METHOD TO PUSH OR PULL YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THIS POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU WILL HAVE ONE MINUTE IN WHICH TO PERFORM AS MANY SIT-UPS AS YOU CAN. NO RESTARTS ARE ALLOWED. WATCH THIS DEMONSTRATION.”

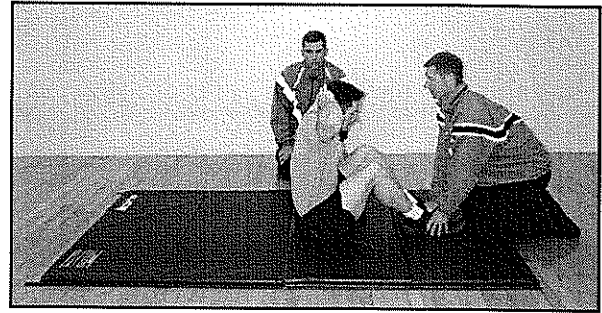
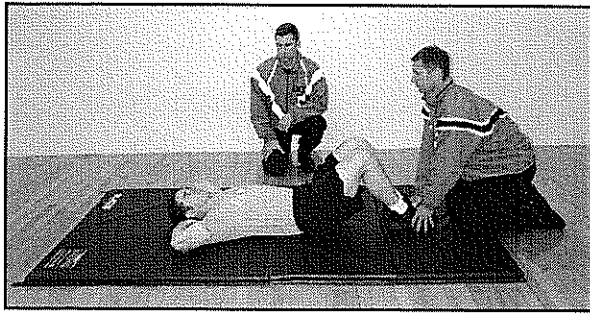


Figure 11-2.

Conduct a sit-up demonstration and read the following:

“IF A MAT IS USED, YOUR ENTIRE BODY MUST BE ON THE MAT. SLEEPING MATS ARE NOT AUTHORIZED FOR USE. YOU MAY NOT SWING YOUR ARMS OR USE YOUR HANDS TO PULL YOURSELF UP OR PUSH OFF THE GROUND TO OBTAIN THE UP POSITION. IF THIS OCCURS YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU MAY WIGGLE TO OBTAIN THE UP POSITION, BUT WHILE IN THE UP POSITION, YOU MAY NOT USE YOUR ELBOWS OR ANY PART OF THE ARMS TO LOCK ON TO OR BRACE AGAINST THE LEGS. YOUR ELBOWS CAN GO EITHER INSIDE OR OUTSIDE THE KNEES, BUT MAY NOT BE USED TO HOLD YOURSELF IN THE UP POSITION. IF THIS OCCURS YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. DURING THE YOUR PERFORMANCE OF THE SIT-UP, YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD. AS LONG AS ANY OF YOUR FINGERS ARE OVERLAPPING TO ANY DEGREE, THEY ARE CONSIDERED TO BE INTERLOCKED AS SHOWN IN FIGURE A-3A. IF THEY DO NOT REMAIN INTERLOCKED THAT REPETITION WILL NOT COUNT AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECT REPETITION PERFORMED. BOTH HEELS MUST STAY IN CONTACT WITH THE GROUND AS SHOWN IN A-3B. IF EITHER FOOT BREAKS CONTACT WITH THE GROUND DURING A REPETITION, THAT REPETITION WILL NOT COUNT AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECT REPETITION PERFORMED”.

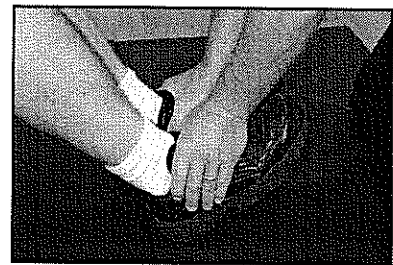
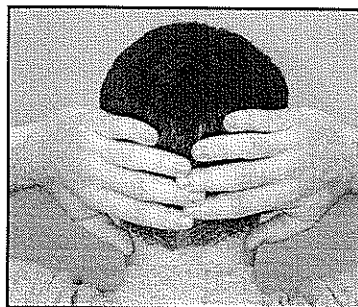
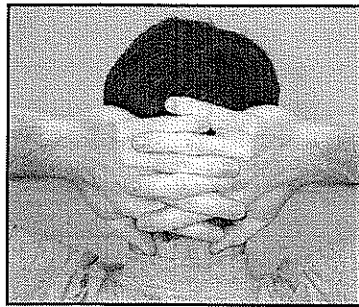


Figure 11-3.

1-MILE RUN

Read aloud the instructions below for the 1-mile run.

“THE 1-MILE RUN EVENT MEASURES THE ENDURANCE OF YOUR HEART, LUNGS AND LEG MUSCLES. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START ALL SOLDIERS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND “GO”, TIME WILL START AND YOU WILL BEGIN RUNNING. TO RUN THE REQUIRED ONE MILE, YOU MUST COMPLETE THE DESCRIBED NUMBER OF LAPS, START AND FINISH POINTS AND COURSE LAYOUT (EXPLAIN ONE-MILE RUN COURSE). YOU ARE BEING TEST ON YOUR ABILITY TO COMPLETE THE ONE-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (PUSHED, PULLED, PICKED UP, OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. IT IS LEGAL TO PACE A SOLDIER DURING THE ONE-MILE RUN, AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACE SOLDIER AND OTHER SOLDIERS TAKING THE TEST ARE NOT PHYSICALLY HINDERED. THE PRACTICE OF RUNNING A HEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER WHILE SERVING AS A PACER IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED. THE NUMBER ON YOUR CHEST IS USED FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. WHEN YOU FINISH THE RUN, GO TO THE DESIGNATED AREA FOR RECOVERY. WHAT ARE YOUR QUESTIONS ON THIS EVENT?”

SUMMARY

The 1-1-1 Physical Fitness Assessment is an excellent tool that commanders may use for the following purposes:

- Safely assess new soldiers coming into the unit.
- Safely assess soldiers re-entering regular unit PT from the Reconditioning Program.
- Assign soldiers to appropriate ability groups for running activities.
- Assess new recruits entering IET to predict success on the end-of-cycle APFT.
- Take a snapshot of the unit's APFT proficiency with little disruption of regularly scheduled PT activities.